for occluding or releasing lithium ions, wherein said graphite material has adsorbed or is coated with a layer of surface active material that (1) has not been graphitized by heat treatment and (2) consists essentially of at least one member selected from the group consisting of starch derivatives having a basic repeating unit structure of $C_6H_{10}O_5$; viscous polysaccharides having a basic repeating unit structure of $C_6H_{10}O_5$; water-soluble cellulose derivatives having a basic repeating unit structure $C_6H_{10}O_5$, and water-soluble synthetic resins